

2013 LANCER LACROSSE
CLINIC APPLICATION

Players Name _____
Address _____
City _____ ST _____ Zip _____
HomePhone _____
Position (circle) **A M D G**
Grade in Fall 2012 _____
DOB _____

COST: (circle) Field Players - \$135 / Goalie - \$75

T-Shirt Size (Circle) YM - YL - S - M - L - XL

Make _____ check _____ payable to
Waterford Lacrosse.

An additional \$10 will be charged for walk-ins

PARENT/GUARDIAN My
child(s) has permission to participate in
all clinic activities. In case of injury, I
give permission for a qualified doctor,
nurse, or a trainer to provide immediate
care.

Day time phone number /Cell phone
number

Email address _____

Parent/Guardian Signature _____ Date _____



LANCER LACROSSE CLINIC
C/O Chris Landry
18 Deerfield Road
Waterford, CT 06385



THE FIFTH ANNUAL
BOY'S AND GIRL'S
LANCER
LACROSSE
CLINIC

2013



July 8 - July 11

RAIN DATE (July 12)

MORNING SESSION BOYS
GRADES ENTERING IN FALL 3-9
9:00A.M.-12:00P.M.

MORNING SESSION GIRLS
GRADES ENTERING IN FALL 3-9
9:00A.M.-12:00P.M.

<http://lancerlacrosse.shutterfly.com/>

DIRECTOR: CHRIS LANDRY

Chris Landry is in his seventh year as the coach of the Waterford Lancers. The Lancers were the 2009 ECC Small Division Co-Champions in only their second year as a varsity program, and qualified for the State Tournament. Coach Landry's coaching career began in 2000, serving as an assistant coach at Oneonta State, NY followed by two years at Springfield College, MA before becoming the head coach at Mitchell College in 2004. Coach Landry has been working summer lacrosse camps since 1996. Landry, an attackmen at Springfield College was awarded as conference player-of-the-year and New England Intercollegiate Lacrosse Association All-Star first team selection. As well, Landry participated in the New England East-West All-Star game as well as the USILA Division III North-South All Star game. Coach Landry, a native of South Hadley, Massachusetts was selected as a High School All-American in his senior season. Coach Landry is also a coach for the Connecticut Cardinals Club Lacrosse .

GIRL'S FIELD DIRECTOR: AUDREY MONTANARO

Audrey Montanaro is in her seventh year as the head girl's lacrosse coach at Waterford High School. Coach Montanaro has enjoyed much success at the varsity level. In 2011, the Lancers had their best post-season to date making it to the CIAC State Tournament Final Four. Coach brings a wealth of knowledge to her team as a former player at Lyme-Old Lyme High School. Coach Montanaro was a team captain for three years as well as the Offensive Player of the Year in 2001.

2013 LOCATION

Players at this clinic will be on outdoor grass fields at:
CLARK LANE MIDDLE SCHOOL



ALL PLAYERS RECEIVE:

- *Clinic Tank Top
- *Clinic T-Shirt (If pre-registered – cannot guarantee t-shirt for walk-ins)



RAIN DATE:

In case of inclement weather, a session may be canceled. One make-up date will occur on Friday 7/13/2013, if necessary. CLMS FIELDHOUSE MAY NOT BE AVAILABLE

For inclement weather cancellations please visit <http://lancerlacrosse.shutterfly.com/Questions>:
Please email Coach Landry @

All Players should have:

- ❖ Shorts, T-shirt, cleats, sticks, mouthpiece, Goggles (Boys) helmet, gloves, shoulder pads, and arm pads
- ❖ Sneakers (in case we need to move to the field house for inclement weather.),
- ❖ Sunscreen should be applied prior to showing up
- ❖ Personal Water coolers

Lacrosse Clinic Philosophy: The Lancer Lacrosse Clinic intends to provide each athlete the opportunity to learn the basic skills and knowledge of the game. The player will also learn the latest techniques in a competitive and positive environment.

TYPICAL SESSION WILL INCLUDE

ATTENDANCE/STRETCH

POSITION SKILLS

WATERBREAKS

TEAM DRILLS AND SKILLS

1 ON 1 SKILLS, 2 ON 2 SKILLS, 4 ON 4 SKILLS, GAME SITUATIONS

PARENT PICK-UP

<http://lancerlacrosse.shutterfly.com/>